

Utah CCGP – Guidance Activities results report

Counselor: Jeanne Perry (Hillcrest Elementary school: Ogden School District)

Target group: Large group: All students in grades 1-5. (approx. 400 students)

Goal: Students will list 3 healthy ways to handle anger.

Curriculum and materials used:

- Guidance lessons from Davis school District with literature that goes with each lesson. A violence prevention program.
- Mediation material: This material is used to train the students in working out problems in a peaceful way.
- “Anger Machine” Game
- “I feel” game
- “Bounce Back” game (teaching resiliency)
- “The Stress-less” game

Start Date: September 2006

Faculty was presented with the plan in meeting September 2006.

End Date: May 2007

Process Data: Number of students affected. (Approx. 400 Students)

Results Data: Evaluation method: In a random probe of 40 students (varying ages and classrooms), 35 out of 40 students will state 3 healthy ways to handle anger.”

Implications: (see attached data)

Out of the 40 students probed, 36 were able to list 3 healthy ways to handle anger.

Students will list 3 healthy ways to handle anger.

Student

1

2

3

1 st grade female	Count to 10	Breath deep	Go for a walk
1 st grade female	10 deep breaths	Talk to someone	Listen to music
1 st grade female	Punch a pillow	?	?
1 st grade male	Play a sport	Punch a pillow	Yell outside
1 st grade male	Think of a nice spot	Go to my room	Use the magic sentence
1 st grade male	Use the magic sentence	Pretend I'm in my backyard.	Punch a pillow
2 nd grade female	Use the magic sentence	Punch a pillow	Talk to my mom
2 nd grade female	Draw a picture	Play with my dolls	Take a bath
2 nd grade female	Count	Use the magic sentence	Scream into my pillow.
2 nd grade female	Use a "call for help"	Think of something funny.	Think about camping with my family.
2 nd grade female	Punch a pillow	Count to infinity	Color
2 nd grade male	Play tetherball	Use the magic sentence.	Run
2 nd grade male	Punch a pillow	Go outside and scream.	Count to 5
2 nd grade male	Use the magic sentence	Go fishing	Count to 20
2 nd grade male	I can't remember....		
3 rd grade female	Talk to my friends	Read	Watch a movie
3 rd grade female	Ride my bike	Tighten my muscles and then relax them.	Take deep breaths.
3 rd grade female	Talk to someone.	Be alone for awhile	Squish my bear.
3 rd grade male	Just ignore whoever is bothering me.	Play music real loud.	Use the magic sentence.
3 rd grade male	Play my x-box	count	Take deep breaths.
3 rd grade male	"I don't want to do this"		
3 rd grade male	Do a call for help.	Talk to Mrs. Perry	Tighten my muscles.
4 th grade female	Use the magic sentence.	Get off the violence cycle.	Play soccer.

4 th grade female	Squish a stress ball.	Go play with my friends.	Talk about it.
4 th grade female	I just like to go in my room.	Take a nap	Write in my journal.
4 th grade female	Use the magic sentence	Jump rope or something physical	Think about Lagoon.
4 th grade male	Ride my skateboard.	Yell	Count
4 th grade male	Play with my play station.	Wrestle with Max. (His dog)	Punch my pillow
4 th grade male	Go in my room and shut the world out.	(That's all I do...)	
4 th grade male	Count to 10	Breath deep	Muscle tighten and relax
5 th grade female	Tell myself positive stuff like "I'm ok"	Do a call for help.	Write my best friend a letter.
5 th grade female	Go to the lake (if I can't really go there, I can think about it)	Talk it out. Use the magic sentence. "I feel sad when you are mean to me. I want you to be nice."	Draw. "I like to draw people and horses."
5 th grade female	Use the magic sentence.	Breath deep.	Be with friends.
5 th grade female	I talk to my grandma.	I like to make cookies.	Sometimes I just go for a walk.
5 th grade female	Do a call for help and work it out.	Use the magic sentence.	Punch a pillow
5 th grade male	Play with my play station.	Play sports. (any)	I can play with my friends.
5 th grade male	Go to Lagoon or Disney land.	Run	Be with my dog
5 th grade male	Use the magic sentence.	Go outside.	Count to 10.
5 th grade male	I can't remember...		
5 th grade male	Listen to my IPOD	Play Nintendo	Go over to _____ house. (his friend)

Utah CCGP – Closing the Gap Results Report (small group) 2006-2007

Counselor: Jeanne Perry Hillcrest Elementary: Ogden School District

Target Group: Students who are having a difficult time with their parents divorce.

Goal: Increase personal power as they successfully learn to address life's challenges.

- A. Acquire accurate information about divorce and how it affects family members.
- B. Understand and express feelings about divorce.
- C. Practice problem solving methods in coping with divorce.
- D. View themselves as having the power to visualize and create positive futures.

Curriculum and materials: "Support Groups for children" Literature such as "Dinosaurs Divorce" Puppets

Start date: January 2, 2007

End date: Feb. 20, 2007

Process data: Number of students affected: 10 (2 groups of 5 children)

Pre-test/Post-test: (see attached)

Results Data: The difference between the pre-test and post-test is 31 points.

Pre-Test

(Students are ranked: A “1” means that they have no skills in this area. A “2” means they have some knowledge/skills in this area and a “3” means they are proficient in this area. The highest total score would be a 12. The lowest score would be a 4.

Student information Gender/grade	Accurate information/ knowledge about Divorce.	Problem solving methods In coping with divorce.	Understanding feelings/ Expressing feelings about The divorce.	Visualizing positive Futures.
2 nd grade male	2	2	2	1 (7)
2 nd grade female	1	1	1	1 (4)
2 nd Grade male	1	1	1	2 (5)
3 rd grade male	1	2	2	2 (7)
3 rd grade male	1	1	2	2 (6)
5 th grade female	2	2	1	2 (7)
5 th grade female	3	2	2	2 (9)
4 th grade male	1	1	1	2 (5)
4 th grade female	1	1	1	1 (4)
3 rd Grade male	1	1	2	1 (5)

Total score of the two groups is 59.

Post-test

Student information Gender/grade	Accurate information/ knowledge about Divorce.	Problem solving methods In coping with divorce.	Understanding feelings/ Expressing feelings about The divorce.	Visualizing positive Futures.
2 nd grade male	3	2	3	2 (10)
2 nd grade female	2	2	2	2 (8)
2 nd Grade male	2	2	1	2 (7)
3 rd grade male	3	3	2	2 (10)
3 rd grade male	2	2	3	2 (9)
5 th grade female	3	3	2	2 (10)
5 th grade female	3	3	3	2 (11)
4 th grade male	2	2	2	2 (8)
4 th grade female	2	2	2	2 (8)
3 rd grade male	2	2	3	2 (9)

Total score of the two groups is 90.